



WAC ATTACK

News from the Williamsburg Aquatic Club

DECEMBER 2011

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Coach's Corner

November was an exciting month for the coaches, with lots of meets and babies. Wyatt Colson Poorman was born Nov. 10 to Coach John and his wife, Kerry, weighing in at 6 lbs. Corinne Marguerite Vereb was born to Coach Brian, and wife Kathy, on Nov. 11, and weighed in at 6 lbs. 8 oz. All are doing well.

The team had five meets between the first weekends in November and December. There were a lot of new Classification swims as well as several new team records. Both are listed in the newsletter.

The club raffle and the auction were big successes. Special thanks to Louis Long, Cindy Colley and Rebecca Cristol for running those events. As a result of the fundraising, we were able to continue to upgrade the Bubble Pool facilities. So far this year we have replaced the entrance tunnel and the equipment

cabinet. The new water heater has been ordered and should be here in two to three weeks. We are taking bids on replacing the pool lights, as they are 40 years old and malfunctioning.

Please mark your calendar for December 15. That is the date of the WAC Christmas Party. The Party will include friends, fun, food, games, present exchange, and the opportunity to make mom and dad a gift.

WAC will host one more swim meet, on January 14-15. That will be the last chance to fulfill the meet work requirement for families who have not already done so. Special thanks to Erin Roehrle and Glenn Watkins for organizing the parents and officials.

Coach Harold



WAC Holiday Pool Party

Thursday, December 15th @ the Bubble

Levels A, B, C, & D 5:15-6:15

Levels E, F, & G 6:30-7:30

Pizza and Drinks provided

Swimmers with last names A-M, please bring a side to share (i.e. chips, veggie tray, or fruit).

Last names N-Z please bring a small dessert to share.

Everyone: Bring a wrapped gift to participate in the Wacky Gift Exchange (\$5 limit)

Don't forget to wear your swimsuits for play in the pool!!

Please RSVP to Your Level Liaison
So we know how many pizzas to buy!



NEW TEAM RECORDS

In addition to the slew of team records set at the Dec. 2-4 meet in Raleigh (see story in this issue of WAC Attack) two swimmers set team records during the past two months. They are:

Julianna Jones – 11 & 12 Girls' 200, 500, 1000 and 1650 Freestyle, as well as the 200 and 400 I.M. for the same age group.

Carter Kale – 13 & 14 Boys - 1650 free



WAC FALL CLASSIC YIELDS NEW CLASSIFICATION SWIMS

The WAC Fall Classic swim meet, Nov. 5-6 at the Fort Eustis Aquatic Center, was the scene for many new Classification swims for Williamsburg Aquatic Club members, says Harold Baker, head coach.

The meet, limited to events where the swimmers held BB, B and C times only, featured 105 swimmers from the club, says Baker. Many of them made the most of the opportunity and “swam up” in multiple events, he said.

In addition, Baker said, members of WAC took first place in many of the events.

Six WAC swimmers took first place in at least four events, he says. They were:

Brian Dumont
Tori Conner
Ethan Detweiler

Elena Evans
Madison Meredith
Ethan Roehrle



KALE TAKES 8 EVENTS AT CARL WARNER MEET

Fourteen-year-old Carter Kale took first place in eight events at the 3rd Annual Carl Warner Memorial BB+ meet, held Nov. 13-15 at the Mid-town Aquatic Center in Newport News.

The meet attracted teams from throughout the region and provided stiff competition to WAC’s swimmers. But the competition, at least in eight swims, wasn’t up to Carter Kale’s standards that weekend.

Kale won the mile, and set a new team record in the process, with a time of 16:42.84, WAC Head Coach Harold Baker says.

He also won the men’s 13-14 200 Fly, 500 and 100 Free, 200 and 400 I.M., 100 Back and 100 Fly.

Kale wasn’t the only one from WAC who swam away from the competition and earned first place ribbons.

Other winners from WAC at the meet were:

- Chris Balch** – men’s 15 and up 100 breast
- Kathryn Burrows** – women’s 9-10 50 back
- Brett Huckstep** – men’s 13-14 100 breast
- Chris Kostelni** – men’s 9-10 50 breast
- Joelle Vereb** – women’s 11-12 100 breast



November Swimmers of the Month

11 & Unders

Casey Schmidt
Evan Lynch

12 & Overs

Elena Evans
Kevin Holder



New Classifications



These WAC swimmers achieved new Classification swims during the months of November and December. Results of the Dec. 9-11 meet were not available at press time and will be included in the next edition of WAC Attack.

1st "AAA" Time

Kevin Holder

1st "AA" Time

Kathryn Burrows

Michael Holder

Deke Lueker

Daniel Parker

1st "A" Time

Macy Brenegan

Brad Dumont

Caroline Helwig

Zachary Wallace

Carter Burrows

Elena Evans

1st "BB" Time

Carter Burrows

Tessa Conner

Lexie Hiestand

Sarah Jennings

Braden Long

Kelly Schisa

Casey Schmidt

McKinzie Turner

Logan Adams

Liam Gregory

Sarah Jennings

1st "B" Time

Gina Lynch

Logan Adams

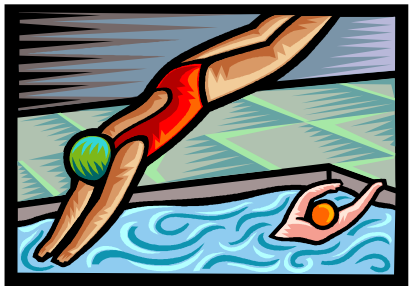
Erin Shivers

Kendall Usher

WAC SWIMMERS OPEN NEW POOL IN STYLE

A new pool in Greensboro saw a lot of WAC swimmers' bubbles at the first GSA John Dewey Invitational meet, Nov. 19-20 at the Greensboro, N.C., Aquatic Center.

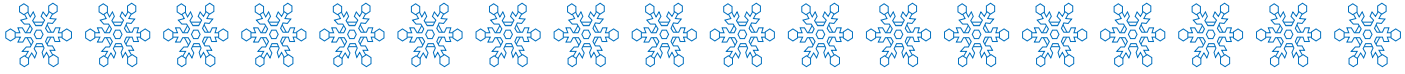
Juliana Jones had a big weekend, breaking four team records at the meet, says WAC Head Coach Harold Baker (see new team records item in this issue of WAC Attack).



Also swimming hard were Miranda Christy and Kleigh Koupal, who had best times in every event they entered, says Baker.

WAC took 20 swimmers to the Greensboro center, which Baker called a new world class facility.

The meet is named for John Dewey, a youngster who swam in the 1960s and 1970s for the local Greensboro Swimming Association. Dewey was diagnosed with cancer while in high school and died in 1971 – after a stellar comeback from his illness, including winning the state title in the 100 freestyle in 1970.



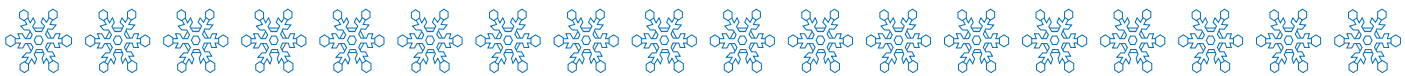
WAC WINTER PLUNGE PUTS 37 INTO CHRISTMAS CHAMPS

While their teammates were tearing up the record books in Raleigh, WAC swimmers were busy Dec. 3-4 at the Fort Eustis Aquatic Center, picking up 37 new qualifying swims for the 12 & under Christmas Champs Meet.

WAC Head Coach Harold Baker says the meet gave those swimmers – and the team – a chance to make a bigger and better showing at the Christmas meet, which for many younger swimmers is the highlight of the winter swim season, with its championship-style finals, flashing lights, dance routines and personalized music for the top swimmers.

The team's swimmers won a number of the events at Winter Plunge, Baker says. Amanda Bennett and Calvin Hart each won seven events.

Jared Heuser and Zachary Wallace each won four events, Baker says.





WAC SWIMMERS SET RECORDS IN RALEIGH

Several WAC swimmers set team and personal records at the RSA Christmas Reindeer meet Dec. 2-4 in Raleigh, N.C., but the big story was Kevin Holder, says WAC Coach Harold Baker.

It wasn't just that Holder earned his first "AAA" time, Baker says.

His swim came a year after Holder shattered his forearm and had metal rods put in his arm for stability so it could heal. Doctors told him he wouldn't be able to swim until the fall, but Holder had other ideas. He got back in the pool during the summer and got back to work.

In the pool near Raleigh, that hard work paid off. Holder swam a 1:49.11 in the men's 16 and older 200, a reduction from his previous best time by 2.89 seconds, Baker says.

A number of Holder's teammates distinguished themselves as well, Baker says.

Brett Huckstep and Carter Kale continued to break team records (Kale broke two), and the 13 and 14 year-old boys set a team relay record.

Brian Dumont, Chris Balch, Christian Shaner and Allie Christy made the great 8 in several events, and swimmers Kleigh Koupal, Conor Flannery, and Sarah Jurczyk made several finals, Baker said.

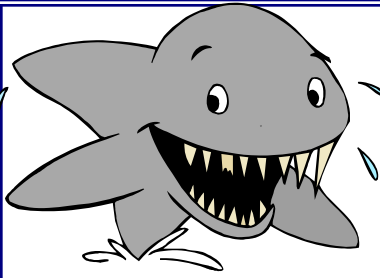
Here's a rundown of the record-breakers at the meet:

Brett Huckstep – 13 & 14 200 Breaststroke, 2:15.75

Carter Kale – 13 & 14 200 Backstroke, 2:00.60; and in the 400 I.M. – 4:17.08



Stay tuned for our January issue to
hear all about Christmas Champs at
Fort Eustis!



October Practice Animals

LEVEL A

LINNEA PATTERSON – 90%

LEVEL B

CARTER KALE – 100%

KLEIGH KOUPAL – 100%

LEVEL C

DEKE LUEKER – 100%

LEVEL D

KATHRYN BURROWS – 100%

MEGHAN COLESON – 100%

LEVEL E

ISAAC BARBER – 88%

ZACH HATTAB – 88%

LEXIE HIESTAND – 88%

MICHELLE JENNINGS – 88%

JUSTIN JONES – 88%

SOFIA LONG – 88%

ETHAN ROEHRLE – 88%

LEVEL F

ANDREW BURROWA – 100%

LIAM GREGORY – 100%

SAM TURNER – 100%

LEVEL G

DAKOTA ANDERSON – 100%

GRACIE GREGORY – 100%



November Practice Animals

LEVEL A

ALLIE CHRISTY – 91%
BRAD DUMONT – 91%
BRIAN DUMONT – 91%

LEVEL B

CARTER KALE – 95%

LEVEL C

DEKE LUEKER – 91%

LEVEL D

MEGHAN COLESON – 100%
JOHN MORROW – 100%

LEVEL E

MICHELLE JENNINGS – 100%

LEVEL F

ANDREW BURROWS – 100%
CARTER BURROWS – 100%
KATRINA EARLY – 100%
LIAM GREGORY – 100%
SAM TURNER – 100%

LEVEL G

GRACIE GREGORY – 100%
BRADEN LONG – 100%